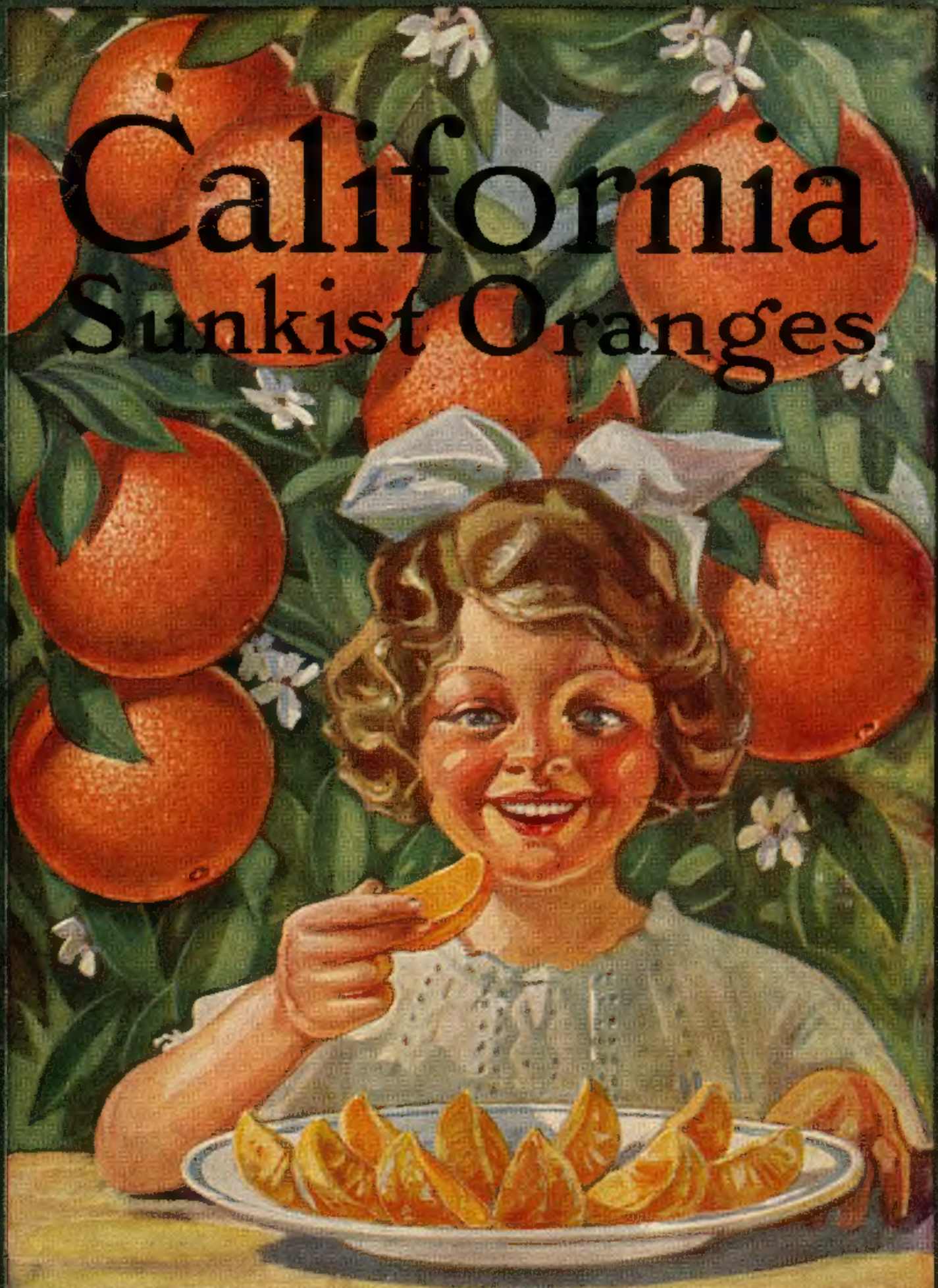
California Sunkist Oranges



Desserts & Salads

Sunkist Desserts & Salads

and Sunkist Premiums

California Fruit Growers Exchange
139 North Clark Street, Chicago Illinois.

Copyright 1915 by California Fruit Growers Exchange

Sunkist Desserts and Salads

Sunkist Oranges

This book was written for the people who love *Sunkist* Oranges, and who have learned that there is as wide a gulf between ordinary oranges and the golden fruit bearing this magic name, as there is between a new laid egg and the indifferent cold storage kind. We think, therefore, that it will interest you to learn why your Sunkist Oranges are so good—why they are as fresh, luscious and superbly flavored when they reach your table as if you had stepped out into your own yard and picked them from the tree.

This golden harvest is gathered under the supervision of the California Fruit Growers Exchange, a strictly non-profit co-operative company, organized to market the crop of Oranges and Lemons for the California grower at actual cost of operation.

Three-quarters actual size

The first and biggest reason is that only California sunshine and soil can produce the flavor and quality you get in Sunkist.

Second, that Sunkist groves are the finest in the world.

Third, that the California Fruit Growers Exchange have so perfected their methods of handling and shipping fruit that it reaches you, the person who eats it, in the height of its perfection.

The splendid trees that make up the Sunkist groves are cultivated in the most scientific manner. Their owners watch over each individual tree to insure that each receives the expert care that it has been proved will develop the finest orange it is possible to ripen. Only *perfect fruit* is packed under the Sunkist name.

Once you eat a Sunkist Orange no other kind will ever satisfy you. The name *Sunkist* is a guarantee of quality, corresponding to the Sterling mark on silver.

There are two varieties of Sunkist Oranges—the famous Sunkist Seedless Navel, which is in the market from Decem-

Orange Spoon. (No. 1.) For each spoon desired send 12 Sunkist or Red Ball trademarks and 12 cents.

Sunkist Desserts and Salads

The Queen of Fruits

ber till June, and the delicious Sunkist Valencia Orange, which is marketed from June until December. Thus orange lovers can get the incomparable Sunkist at all times of the year—oranges which are not only the finest in the world, but also are invaluable from a health standpoint.

On page 24 you will find a few of the reasons why Sunkist Oranges should be eaten regularly, not only because they are so good, but because they are so good for you.

These health hints will be confirmed by your physician, who will gladly tell you the part they play in regulating the entire system, thus assisting the entire family to better health.

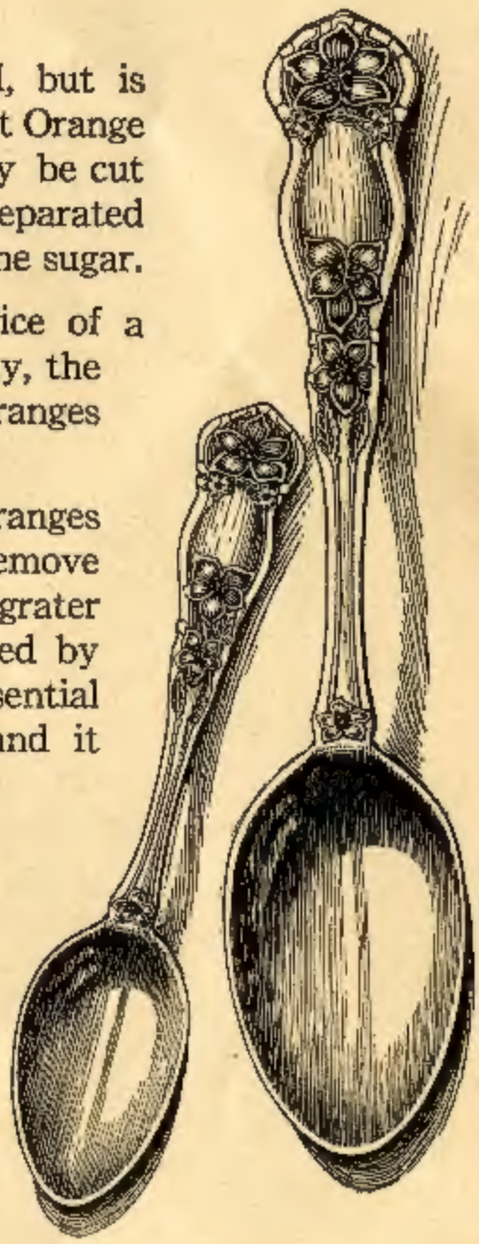
For Breakfast

The orange may be served whole, if preferred, but is easier to handle if halved and eaten with the Sunkist Orange Spoon. Without removing the rind, the fruit may be cut into quarters and eaten from the fingers, or can be separated into its natural divisions, heaped about a cone of fine sugar.

It would be hard to improve the fresh, clear juice of a Sunkist Orange as a delightful drink, but for variety, the addition of a tablespoon of grape juice to two oranges makes a pleasing change.

When recipes call for grated rind of Sunkist Oranges or Lemons, it is important that care be taken to remove only the yellow portion. A light pressure on the grater is ample, and a sufficient amount may be secured by rubbing the entire surface of the fruit. The essential oil thus obtained has a most pungent flavor and it should be used sparingly.

If orange cups or lemon shells are to be used for serving any mixture, the pulp may be removed with a teaspoon and the edges cut in points with



Three-quarters actual size

Coffee Spoon. (No. 11.) For each spoon desired send 12 Sunkist or Red Ball trademarks and 12 cents.

Teaspoon. (No. 7.) For each spoon desired send 12 Sunkist or Red Ball trademarks and 12 cents.

a sharp knife. The cases may then be placed in cold water, if they are not to be used at once, to prevent softening or discoloration. By careful handling one can cut a handled basket form to use for serving a dressing or relish, which makes an attractive garnish for special occasions.

In expressing the juice from Sunkist Fruits, the glass or china lemon squeezers are best and most convenient. Make certain that the juice is strained before serving and never prepare any time in advance, as it loses the fine flavor and pungency.

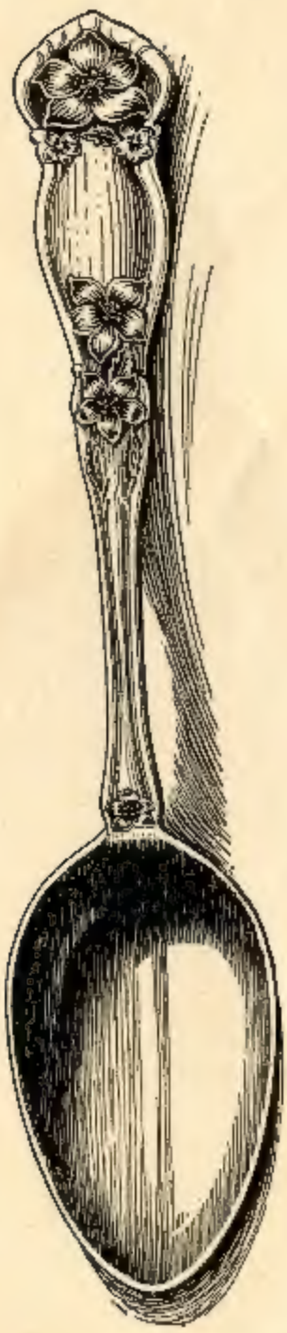
Salad Suggestions

In the making of salads there seems to be no end to the variety. Success depends first upon the quality of the ingredients; second, upon judicious combination, and third, upon the dressing which is used.

Fruits and vegetables are cut with a sharp knife (never chopped) and all juices drained from them. To enrich them oil or cream may be used and sometimes both. The desired amount of acid is secured from Sunkist Lemons (a much more wholesome article than vinegar) as it is a natural acid instead of a ferment. Indeed many of the vinegars on the market are manufactured products of a most unhealthful nature. The freshly expressed juice of lemons is not only the finest but safest of all acids classed as foods. All salads, with the exception of potato and cabbage, should be combined just before serving. Lemon juice added to any fruits, accentuates the flavor.

Some Salad Combinations

When the blending of salad ingredients is understood and the various dressings are known, it is quite unnecessary to have many distinct formulas, but a few suggestions are given here which may prove helpful. The basis of each salad is the Sunkist Orange.



Three-quarters actual size

Dessert Spoon. (No. 2.) For each spoon desired send 24 Sunkist or Red Ball trademarks and 20 cents.

Sunkist Desserts and Salads

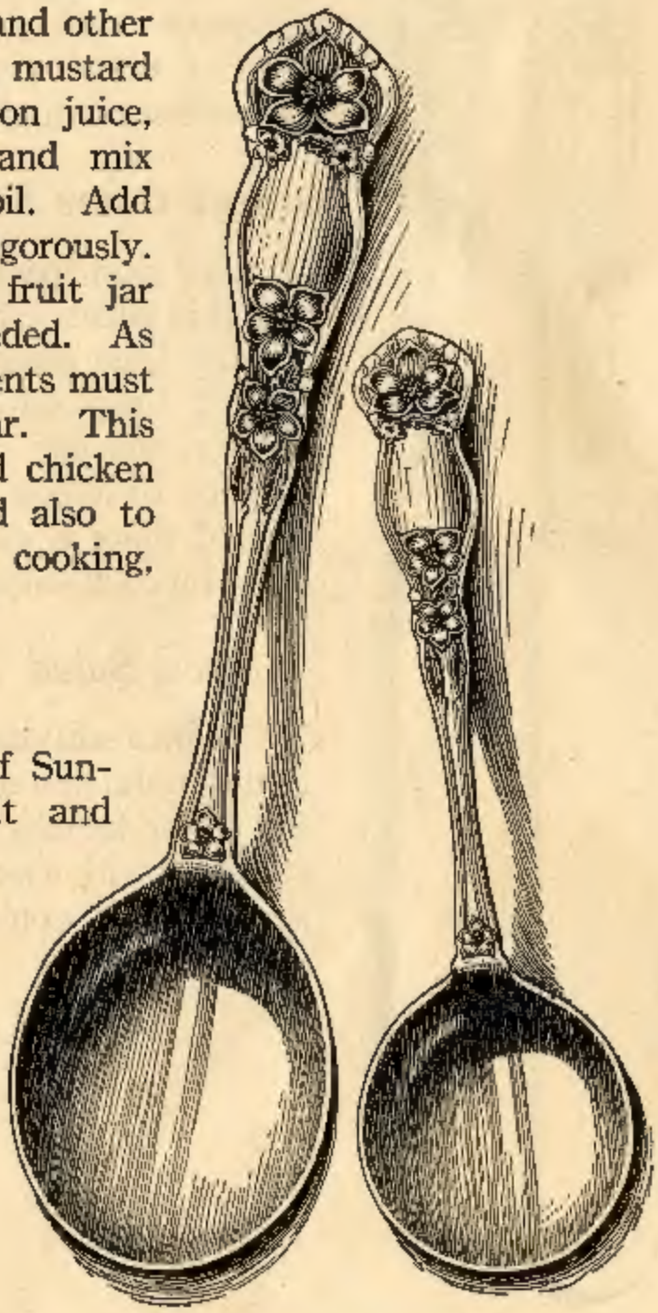
1 Cut celery, oranges, pecans and lettuce.
2 Oranges, almonds, and lettuce hearts.
3 Romaine, oranges, and ripe olives.
4 Sweetbreads, celery and orange.
5 Strawberries, orange and banana.
6 Halved oranges covered with chopped nuts.
7 Spanish onions, oranges and cream mayonnaise.
8 Cherries, oranges and minced pistachio nuts.
9 Halves of canned pears heaped with orange cubes.
10 Orange sections in lemon jelly, strips of pimento.

French Dressing

Place in a shallow bowl or deep sauce dish a teaspoon of salt, half as much paprika and other seasonings to taste, such as celery salt, mustard (French or English), black pepper, onion juice, garlic or some of the table sauces, and mix thoroughly with half a cup of olive oil. Add the juice of a Sunkist Lemon and beat vigorously. This dressing may be made in a glass fruit jar and kept in a cool place, to use as needed. As the ingredients separate easily, the contents must be well shaken before opening the jar. This dressing is often used to marinate cooked chicken or fish to be used later in salads and also to pour over steaks some hours before cooking, to flavor and enrichen.

Quick Mayonnaise

Mix with one egg yolk a teaspoon of Sunkist Lemon juice, half as much salt and some white pepper, using a shallow bowl and small egg whisk. Add olive oil gradually until mixture thickens, then alternately add more lemon juice



Three-quarters actual size

Soup Spoon. (No. 15.) For each spoon desired send 24 Sunkist or Red Ball trademarks and 25 cents.

Bouillon Spoon. (No. 12.) For each spoon desired send 24 Sunkist or Red Ball trademarks and 20 cents.

and oil in the proportion of two-thirds of a cup of oil and two tablespoons of lemon juice. The latter should be added in small amounts or dressing will become too thin, but the oil may be used quite freely after it once thickens. Keep closely covered in refrigerator until ready to use. It may be softened with whipped cream when salad is combined, or chili sauce may be added for variety.

Orange and Green Pepper Salad

Cut the pulp of four Sunkist Oranges into sections entirely free from inner skin. Remove center from a shapely sweet green pepper and cut into quarter-inch rings. Make nests of head lettuce for individual service and in each one place half a dozen orange sections (well drained) encircled with a pepper ring. Sprinkle with crushed Brazil nuts and serve mayonnaise or cream dressing.

Orange Game Salad

Cut all skin from five Sunkist Oranges and cut pulp into very thin slices. Spread these in a sieve to drain for ten minutes, then place in dish, sprinkling with a teaspoon of sugar, a little salt, three tablespoons of olive oil, one of tarragon vinegar, a generous quantity of paprika, and a teaspoon of lemon juice. Chill for half an hour before serving and place a choice branch of celery filled with cream cheese on each salad plate.

Tropical Salad

Cut into sections four Sunkist Oranges, two firm bananas and a cupful of marshmallows. Make the dressing by scalding three-fourths of a cup of cream and thickening it carefully with two egg yolks beaten with a tablespoon of sugar. As it cools add a little salt and the juice of half

One-half actual size

Solid Handle Table Knife. (No. 4.) For each knife desired send 24 Sunkist or Red Ball trademarks and 25 cents.

Solid Handle Dessert Knife. (No. 31.) For each knife desired send 24 Sunkist or Red Ball trademarks and 25 cents.

a large Sunkist Lemon. Blend thoroughly with the salad materials and sprinkle generously with fresh grated cocoanut.

Prune Salad with Oranges

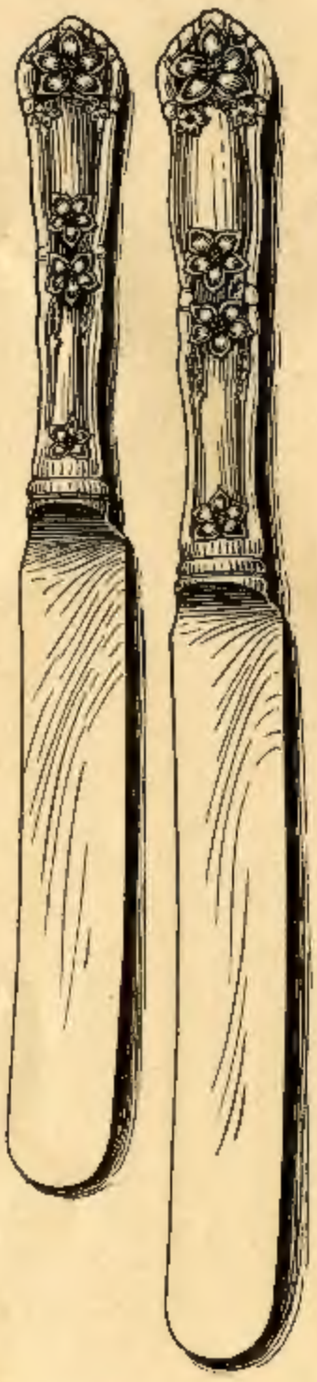
Soften a dozen choice prunes in cold water over night, and bring to the boiling point slowly. Keep them very hot without boiling, until tender. Then cool and drain the fruit. Split the prunes and remove stones, then cover with the cut pulp of two Sunkist Oranges and one Sunkist Lemon. Sprinkle with split almonds and serve each portion with a spoonful of cream salad dressing.

Butterfly Salad

Remove all skin from two grapefruit and three Sunkist Oranges and cut into uniform slices across the fruit, and then into halves. Drain juice from a small can of pineapple and cut slices also in halves. Make individual nests of shredded lettuce on serving plates, place two sections of grapefruit in center, with the curved edges together, on these two of pineapple, and above that two of orange. Place a strip of pimento down the center and a nut meat at one end, and cover all with French dressing, or serve mayonnaise separately.

Jellied Orange and Celery Salad

Cook the leaves and outer stalks of two heads of celery in boiling water (or white stock) with a slice of onion, sprig of parsley, bits of carrot and a small bay leaf, until very tender. Strain and for one pint of the liquid soften one-fourth package of gelatine in one-fourth cup of cold water and add to the hot stock. Strain again, pour into a shallow mold and when almost firm add slices of Sunkist Oranges. Cut jelly into sections for serving, place in nests of water cress and pass mayonnaise or other dressing as preferred.



Hollow Handle Table Knife. (No. 29.) For each knife desired send 60 Sunkist or Red Ball trademarks and 60 cents. (In Canada 70 cents.)

Hollow Handle Dessert Knife. (No. 30.) For each knife desired send 60 Sunkist or Red Ball trademarks and 60 cents. (In Canada 70 cents.)

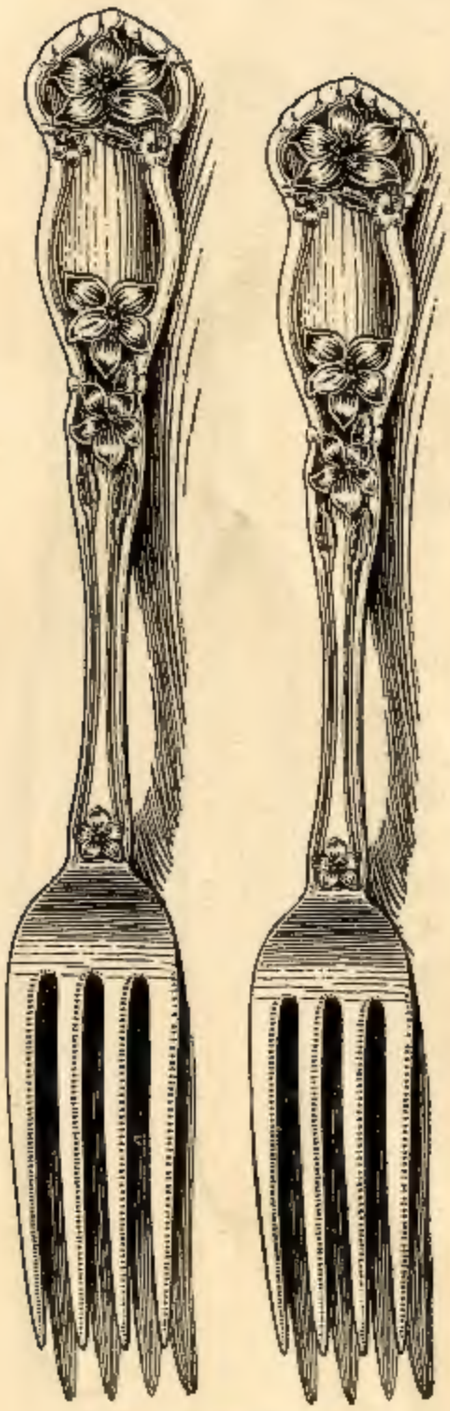
One-half actual size

Sunkist Desserts and Salads

Fairy Fruit Salad

Prepare the dressing by cooking three level tablespoons of butter with two of sugar and three beaten egg yolks in a double boiler until thick; then add the juice of a Sunkist Lemon, a seasoning of salt, paprika and celery salt, and cook a few moments longer, stirring mixture constantly. Remove from fire, beat well and cool thoroughly. When ready to use add a cupful or more of whipped cream.

For the salad, combine sections of Sunkist Oranges with half their bulk each of white grapes (halved and seeded), sliced bananas and pineapple. Add some cut pecans or walnuts and garnish all with cherries and whipped cream.



One-half actual size

Sunkist Marmalade

Shave one orange, one lemon and one grapefruit very thin, rejecting nothing but seeds and cores. Measure the fruit and add to it three times the quantity of water. Let it stand in an earthen dish over night and next morning boil for ten minutes only. Stand another night and the second morning add pint for pint of sugar and boil steadily till it jellies (about three hours). Stir as little as possible but watch carefully that it does not burn.

Sunkist Orange Pie

Make pastry of one cup of flour, one-third teaspoon each of baking powder and salt, and thick cream to moisten (about one-third of a cupful if soft flour is used). Roll out quite thin, spread with two tablespoons of creamed

Table Fork. (No. 5.) For each fork desired send 24 Sunkist or Red Ball trademarks and 25 cents.

Dessert Fork. (No. 28.) For each fork desired send 24 Sunkist or Red Ball trademarks and 25 cents.

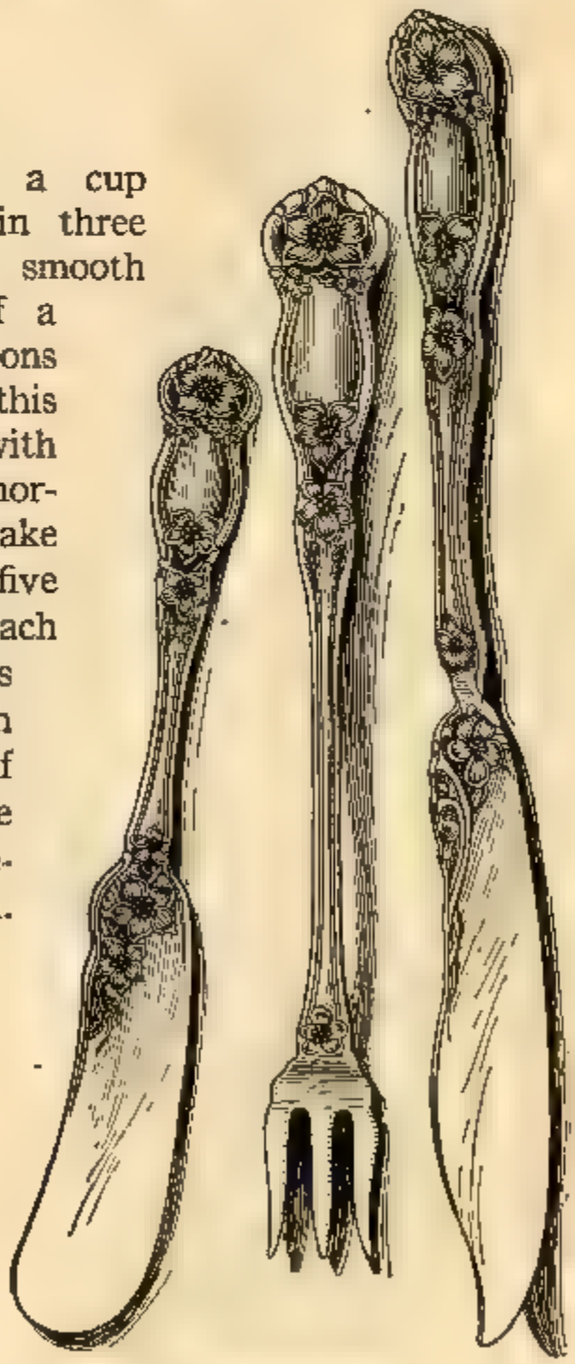
butter, fold over, roll out again and place in either a perforated or wire pie pan. Flute the edges nicely, pour in the filling and bake in a moderately hot oven.

For the filling cream three tablespoons of butter with a scant cup of sugar and add two egg yolks and one white well beaten together. Stir in the juice and grated rind of one Sunkist Orange and the juice of half a Sunkist Lemon, and a bit of salt.

When the pie is done and partly cooled, cover it with a meringue of two egg whites beaten stiff and five tablespoons of fine sugar added gradually. Sift sugar over the top after spreading and bake in a slow oven about fifteen minutes.

Ye Old Time Orange Layer Cake

Cream one-third cup of butter with a cup of sugar until very light, then beat in three eggs singly, making mixture quite smooth each time. Sift a cup of flour with half a cup of corn starch, two and a half teaspoons of baking powder and a little salt. Add this gradually to first mixture alternately with two-thirds of a cup of water, beating thoroughly until batter is light and smooth. Bake in two deep layer pans about twenty-five minutes. When ready to serve cover each layer with thinly sliced Sunkist Oranges well sugared and dust the finished cake with powdered sugar, or with grated cocoanut if liked. The fruit juice will soak into the cake and ruin its delicacy if it be put together long before serving time; but it is delicious when fresh.



Two-thirds actual size

Butter Spreader. (No. 8.) For each spreader desired send 12 Sunkist or Red Ball trademarks and 12 cents.

Oyster Fork. (No. 9.) For each fork desired send 24 Sunkist or Red Ball trademarks and 20 cents.

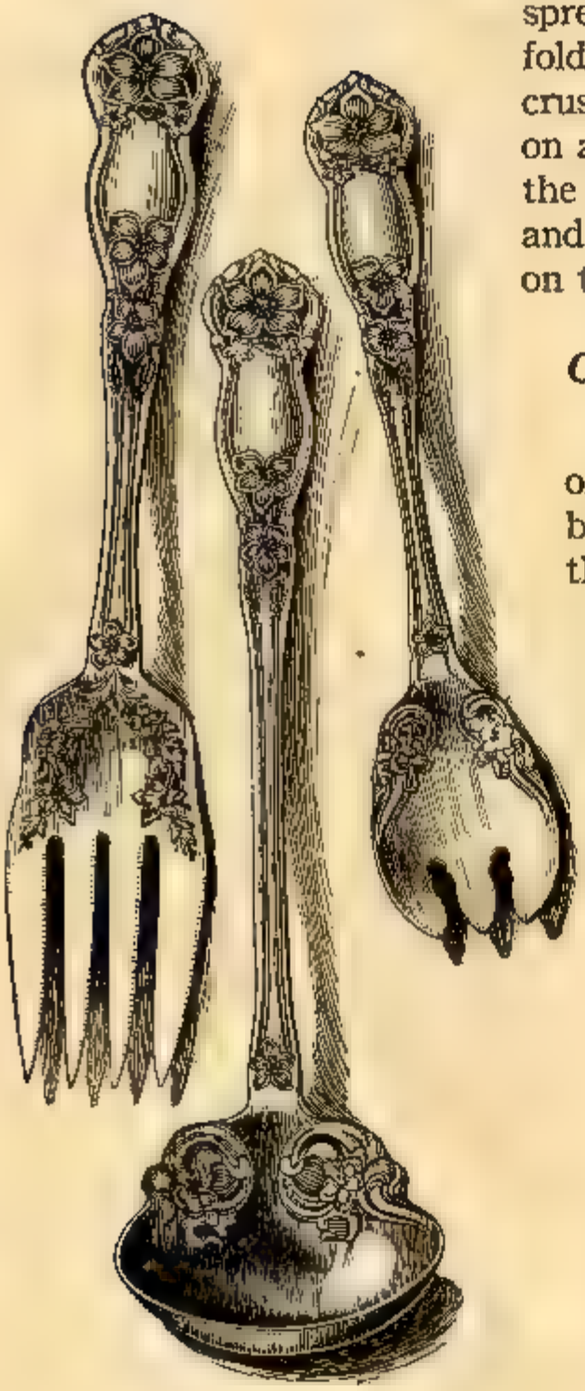
Butter Knife. (No. 17.) For each knife desired send 24 Sunkist or Red Ball trademarks and 25 cents.

Sunkist Desserts and Salads

Sunkist Shortcake

Remove all skin from six Sunkist Oranges and cut the fruit into thick slices. Sprinkle generously with sugar (and a little sherry if desired) and keep in a warm place until ready to use.

Make the crust of two cups of flour sifted twice, with four level teaspoons of baking powder and half a teaspoon of salt. Cut into this four level tablespoons of butter and moisten with water enough to make a soft dough (about half a cup); toss this about lightly on a well floured board, then roll into a thin sheet, spread one-half with a little softened butter, fold the other over it and then cut the crust into rather large biscuits. Place well apart on a baking pan and put into a hot oven. Pull the halves apart when done, add bits of butter and the Sunkist Oranges between halves and on top and serve as individual shortcakes.



Two-thirds actual size

Orange Torte

Make a two-layer cake with one-fourth cup of butter, a scant cup of sugar, two well beaten eggs, one-half cup of milk and one and three-fourths cups of flour sifted with a little salt and two level teaspoons of baking powder. Flavor this with the grated rind of half a Sunkist Orange, bake in moderate oven and cool before handling.

For the filling heat a cup of milk in a double boiler and thicken this with two egg yolks well blended with two tablespoons each of sugar and flour. Cook

Salad Fork. (No. 10.) For each fork desired send 24 Sunkist or Red Ball trademarks and 25 cents.

Cream Ladle. (No. 39.) For each ladle desired send 36 Sunkist or Red Ball trademarks and 35 cents.

Ice Cream Fork. (No. 23) For each fork desired send 24 Sunkist or Red Ball trademarks and 20 cents.

this for ten minutes, stirring frequently, add a little salt and grated lemon and spread between cakes when cool and cover with frosting.

Orange Frosting

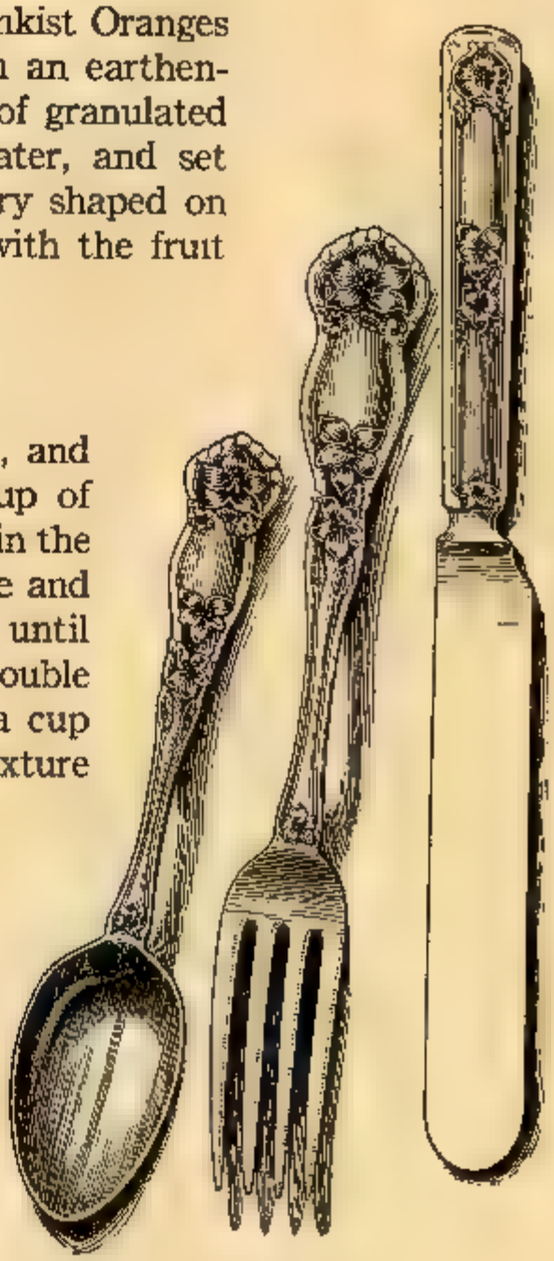
To the grated rind and juice of a large Sunkist Orange add a teaspoon of lemon juice, two tablespoons of melted butter and confectioners sugar until stiff enough to spread. Use at once as it hardens quickly. Decorate the top of the cake with sections of orange and strips of maraschino cherries.

Orange and Rhubarb Tart

Cut two pounds of rhubarb into inch pieces without peeling and mix with the cut pulp of two Sunkist Oranges and one and one-half cups of sugar. Bake in an earthenware dish about one hour, add a tablespoon of granulated gelatine which has been softened in cold water, and set aside to cool. Make tart shells of rich pastry shaped on inverted muffin pans and baked crisp. Fill with the fruit and garnish with stars of whipped cream.

Orange Cream Sherbet

Remove the rind from one Sunkist Orange, and pour over it a pint of boiling water, add a cup of sugar and cover closely for half an hour. Strain the mixture and blend with a cupful of orange juice and the juice of two Sunkist Lemons. Freeze until partly stiffened and add a cup and a half of double cream which has been beaten stiff with half a cup of sugar. Finish the freezing and let mixture ripen before serving.

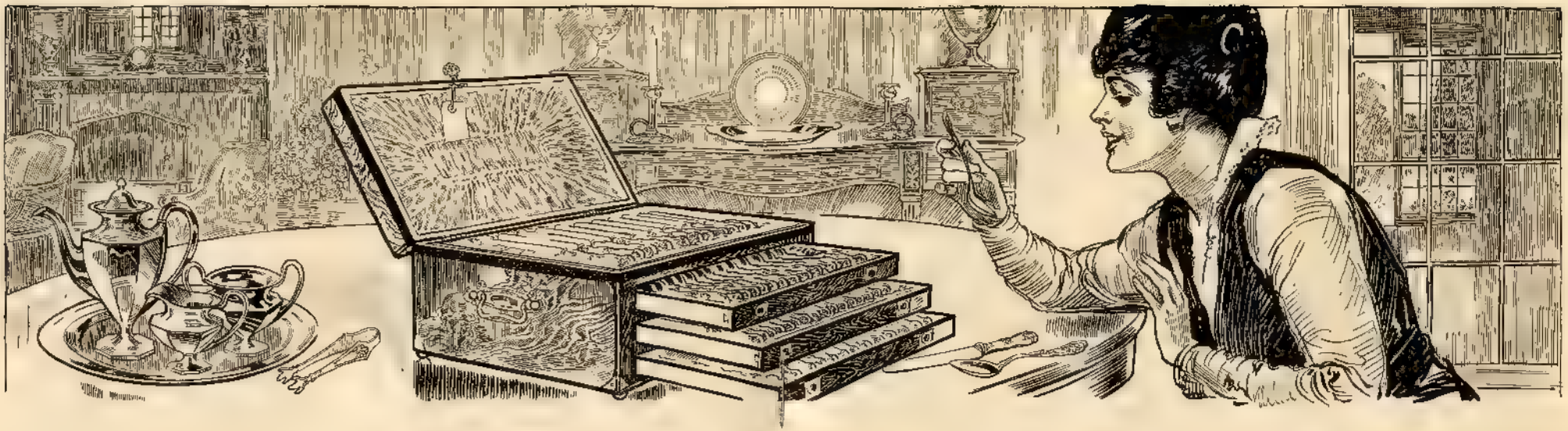


Two-thirds actual size

Child's Spoon. (No. 36.) For each spoon desired send 12 Sunkist or Red Ball trademarks and 12 cents.

Child's Fork. (No. 14.) For each fork desired send 24 Sunkist or Red Ball trademarks and 20 cents.

Child's Knife. (No. 13.) For each knife desired send 24 Sunkist or Red Ball trademarks and 20 cents.



Why We Give Valuable Silver

The beautiful Sunkist silverware which we offer in exchange for Sunkist wrappers is another strong inducement to orange buyers to insist on Sunkist.

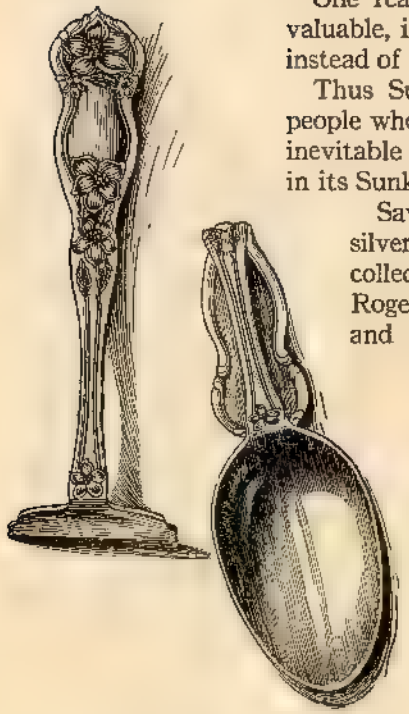
One reason is that the fact that these wrappers are valuable, influences the dealer to leave them on the fruit, instead of stripping them off to show the beautiful color.

Thus Sunkist Oranges are identified positively to the people who want them. No chance of substitution and inevitable disappointment if your Sunkist Orange comes in its Sunkist wrapper.

Save these wrappers and send for a trial piece of silver and you will find it well worth your while to collect a chest of Sunkist silverware. It is all Wm. Rogers & Sons extra heavy plate of pure silver, and is guaranteed by them and by us. The pattern is beautiful and exclusive, especially designed for us. Its quality and weight and intrinsic value make it sufficiently elegant to grace any table on any occasion.

The illustrations which appear on these pages cannot do justice to the beauty of the originals. Therefore, we urge you to send for one piece and judge for yourself.

There is, of course, no advertising matter.



Two-thirds actual size

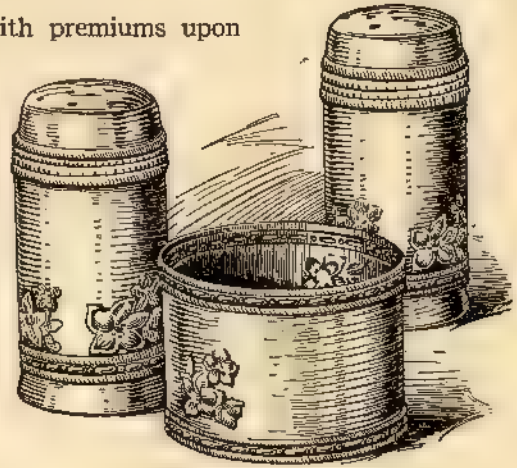
Food Pusher. (No. 37.) For each pusher desired send 24 Sunkist or Red Ball trademarks and 20 cents.

Baby Spoon. (No. 18.) For each spoon desired send 24 Sunkist or Red Ball trademarks and 20 cents.

Napkin Ring. (No. 24.) For each ring desired send 24 Sunkist or Red Ball trademarks and 30 cents. (In Canada 40 cents.)

Our Guarantee

If you are not fully satisfied with premiums upon examination, return them to us and we will refund your money.



Two-thirds actual size

Salt Shaker. (No. 25.) For each shaker desired send 12 Sunkist or Red Ball trademarks and 12 cents. (In Canada 15 cents.)

Pepper Shaker. (No. 26.) For each shaker desired send 12 Sunkist or Red Ball trademarks and 12 cents. (In Canada 15 cents.)

Sunkist Desserts and Salads

Small Orange Pudding

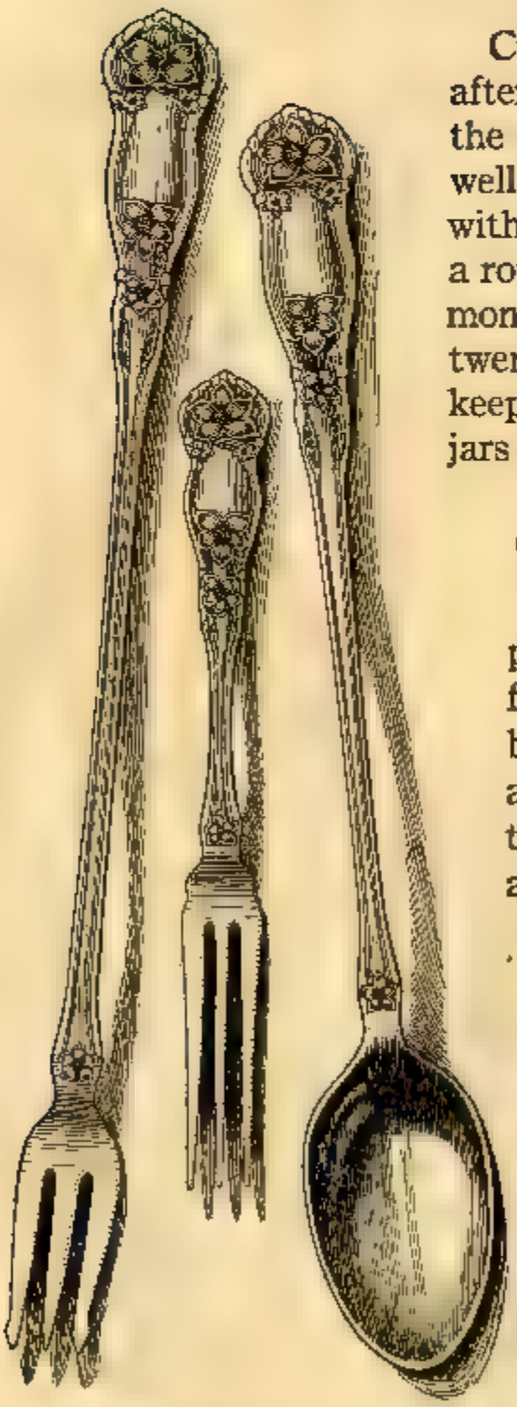
Cream one-fourth cup of butter with three-fourths cup of sugar and add one-third cup of juice of Sunkist Orange and a little grated rind alternately with one and one-half cups of flour sifted with two level teaspoons of baking powder and a little salt. Add three well beaten eggs and pour into deep muffin pans or timbale molds. Set in a pan of hot water and cook in moderate oven. Serve hot with sauce.

Orange Sweet Pickle

Cut one dozen Sunkist Oranges into thick slices after removing all skin with a sharp knife. Steam the fruit until tender and translucent, then drain well before placing in the hot syrup. Prepare syrup with three pounds of sugar, one quart of vinegar and a rounding tablespoon each of cloves and stick cinnamon. Tie the spices in cheesecloth and boil syrup twenty-five minutes. Add the prepared fruit and keep hot for an hour without cooking. Place in jars and set aside at least a week before using.

Sunkist Fudge

Place one and one-half cups of sugar in a sauce pan with a scant half cup of milk and boil for five minutes. Add two level tablespoons of butter, the grated rind of half a Sunkist Orange and three teaspoons of orange juice. Boil about ten minutes longer, or until stiff enough to form a soft ball in cold water. Then remove from fire



Three-fourths actual size

Long Pickle Fork. (No. 33.) For each fork desired send 24 Sunkist or Red Ball trademarks and 20 cents. (In Canada 25 cents.)

Berry Fork. (No. 35.) For each fork desired send 24 Sunkist or Red Ball trademarks and 20 cents.

Ice Tea Spoon. (No. 34.) For each spoon desired send 24 Sunkist or Red Ball trademarks and 20 cents. (In Canada 25 cents.)

and beat until creamy, pour into greased pan and mark in diamond shaped pieces when almost firm. A few drops of orange extract may be added or some finely cut candied orange peel, after the fudge is cooked.

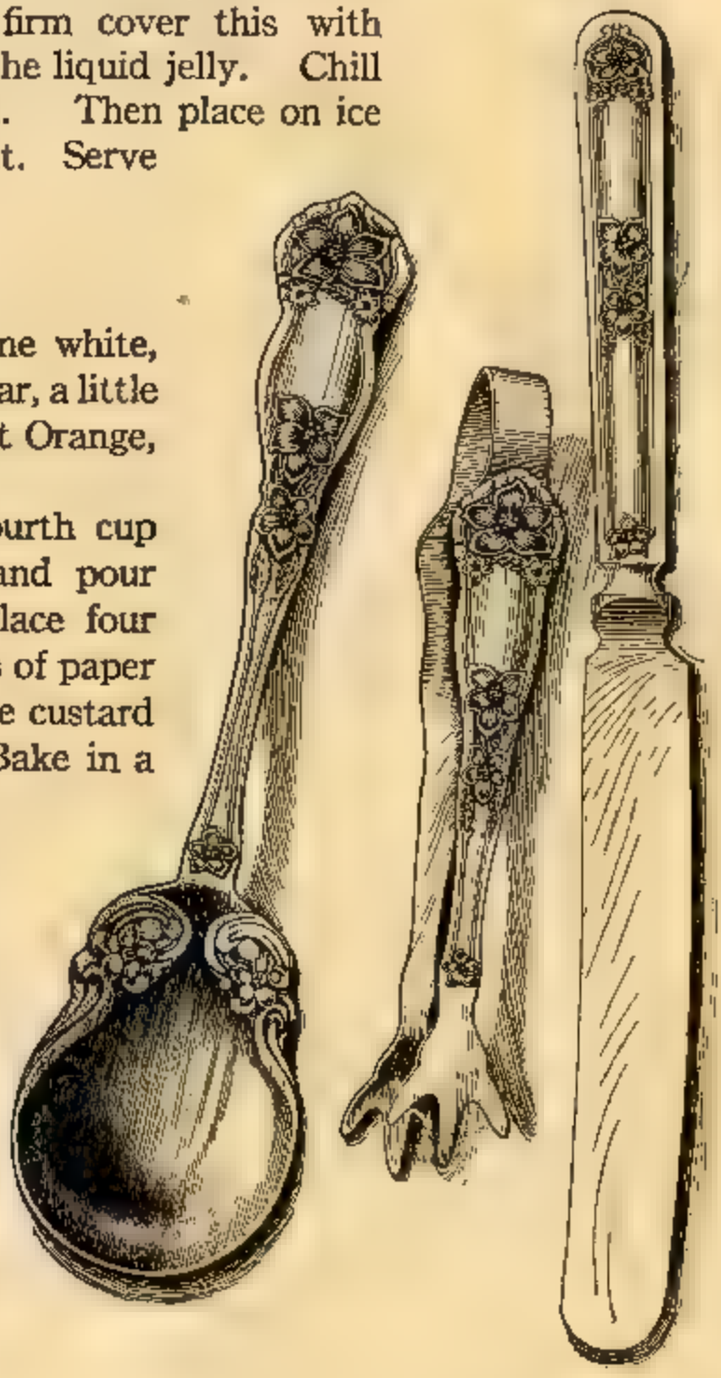
Jellied Oranges

Remove all skin from two Sunkist Oranges, cut fruit into uniform slices and place in a sieve to drain. Meanwhile soften half a package of granulated gelatine in half a cup of cold water, then dissolve it in half a cup of boiling water, add half a cup of sugar and strain. Blend this with a cupful of orange juice and the juice of one lemon; pour a thin layer into a wet mold and when firm cover this with orange slices and a few spoonfuls of the liquid jelly. Chill and repeat process until mold is filled. Then place on ice for an hour or more before turning out. Serve either as a dessert or with game.

Orange Cup Custard

Beat three yolks of eggs with one white, lightly, and add one-half a cup of sugar, a little salt and the grated rind of one Sunkist Orange, with one-fourth cup of orange juice.

Scald one cup of milk with one-fourth cup of cream (but do not let it boil) and pour gradually into the egg mixture. Place four buttered custard cups on several folds of paper in a shallow pan, partly fill with the custard and surround with boiling water. Bake in a moderate oven until firm (the water should not bubble) and set aside



Three-fourths actual size

Sugar Shell. (No. 16.) For each shell desired send 24 Sunkist or Red Ball trademarks and 25 cents.

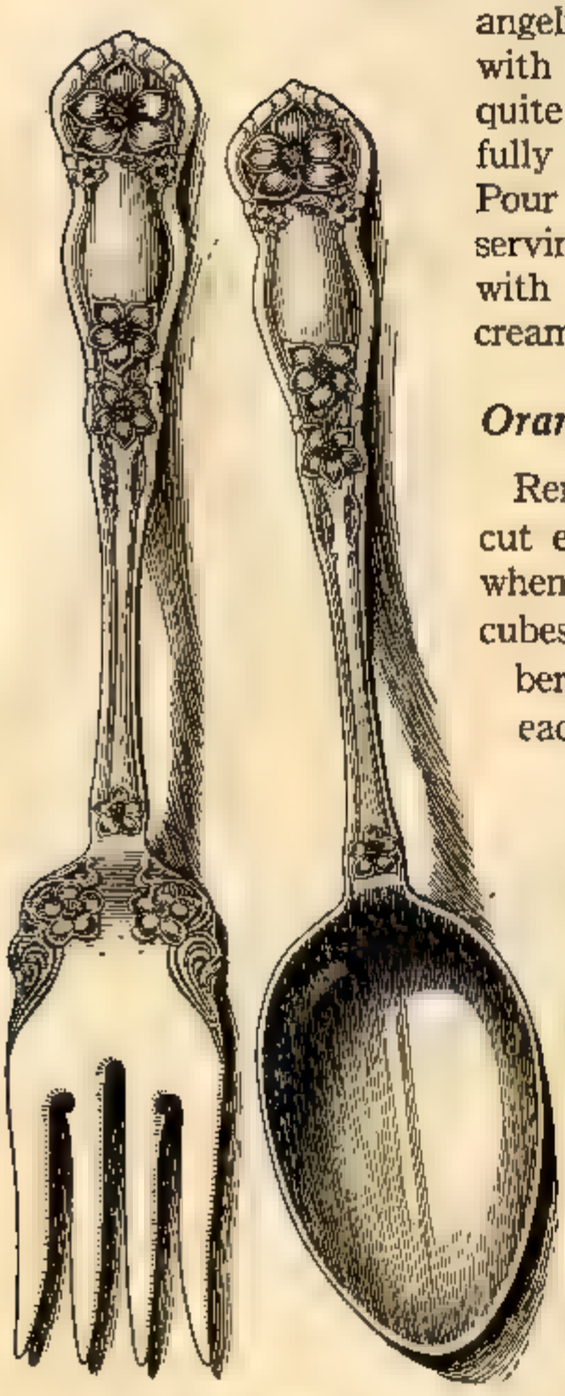
Sugar Tong. (No. 38.) For each tong desired send 36 Sunkist or Red Ball trademarks and 35 cents. (In Canada 50 cents.)

Fruit Knife. (No. 3.) For each knife desired send 24 Sunkist or Red Ball trademarks and 20 cents.

to cool. Serve in the cups with whipped cream on top, or turn out into shallow dishes and surround with sliced oranges or a little orange syrup.

Orange Bavarian Cream

To one cup of the juice of Sunkist Oranges add the juice of a Sunkist Lemon and half a package of granulated gelatine which has been softened in half a cup of cold water and dissolved with half a cup of boiling water. Strain the liquid and pour a thin layer in the bottom of a mold. When firm decorate with maraschino cherries and angelique cut in pieces, and line the sides of the mold with cross slices of orange. Whip one pint of cream quite stiff with half a cup of sugar and blend carefully with the orange jelly when slightly thickened. Pour into the mold and chill thoroughly before serving. Turn out into a shallow dish and surround with cubes of sponge cake topped with whipped cream and strips of crystallized orange.



One-half actual size

Orange Cup

Remove all skin from six Sunkist Oranges and cut each lobe free from inner skin. To this pulp, when well drained, add a cupful of pineapple cubes, half a cupful of sliced cherries, strawberries or other fruit in season, and a tablespoon each of lemon juice and finely cut mint. Sweeten with a third of a cup of sugar and chill well before serving. This may be used as a beginning at a dinner or served after the meat course.

Orange Cocktail

Prepare one cupful of cubes from Sunkist Oranges and mix with half a cupful of

Cold Meat Fork. (No. 21.) For each fork desired send 48 Sunkist or Red Ball trademarks and 50 cents.

Tablespoon. (No. 6.) For each tablespoon desired send 24 Sunkist or Red Ball trademarks and 25 cents.

malaga grapes skinned and seeded, half a dozen brandied cherries cut in halves, and two tablespoons of sherry. Serve very cold at the beginning of a dinner, either in orange shells or tall stemmed glasses.

Orange Granite

To the juice and pulp of six Sunkist Oranges (free from all skin and membrane) add the juice of one lemon, one cupful of sugar and a pint of water. Freeze as sherbet and serve after or with the meat course in a winter dinner.

Orange Straws

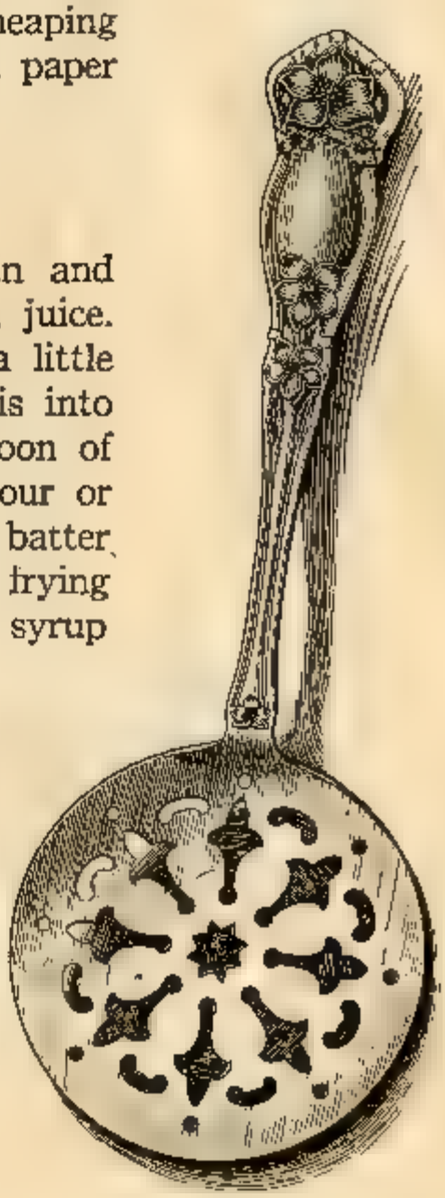
Cut orange peel into long fine strips and bring to a boil in cold water, adding a little salt. Drain, add fresh water and again bring to a boil. Drain again and then cook until tender in a syrup made in the proportion of one heaping cup of sugar to a pint of water. Spread on waxed paper and dry thoroughly.

Orange Fritters

Cut slices of Sunkist Oranges free from all skin and place to drain after sprinkling with a little lemon juice. Make the batter by beating two egg yolks with a little salt, add one-third of a cup of milk and pour this into three-fourths of a cup of flour; add half a tablespoon of olive oil, cover and set the batter aside for an hour or two. Beat the whites of eggs stiff, mix into the batter and coat each orange slice with the mixture before frying in deep hot fat. Serve promptly either with a hot syrup or simply dredged with powdered sugar.

Sunkist Orangeade

Squeeze the juice of six Sunkist Oranges and two Sunkist Lemons and add an equal amount



One-half actual size

Tomato Server. (No. 32.) For each server desired send 48 Sunkist or Red Ball trademarks and 50 cents.

Sunkist Desserts and Salads

Now, about Sunkist Lemons

Sunkist Lemons are as superior in size, color, flavor and general quality, to the average run of lemons, as are Sunkist Oranges to the rest of the orange world. And the price is the same as you must pay for just "lemons."

Therefore, it is as profitable to insist on seeing the Sunkist wrapper when you order lemons as it is when you want the finest oranges.

Sunkist Lemons are big and handsome, with a clear, bright color, and are richly flavored and full of juice. Practically seedless, they are easily sliced without marring.

With the thought perhaps that there are uses for lemons which you may overlook, we make the following suggestions:

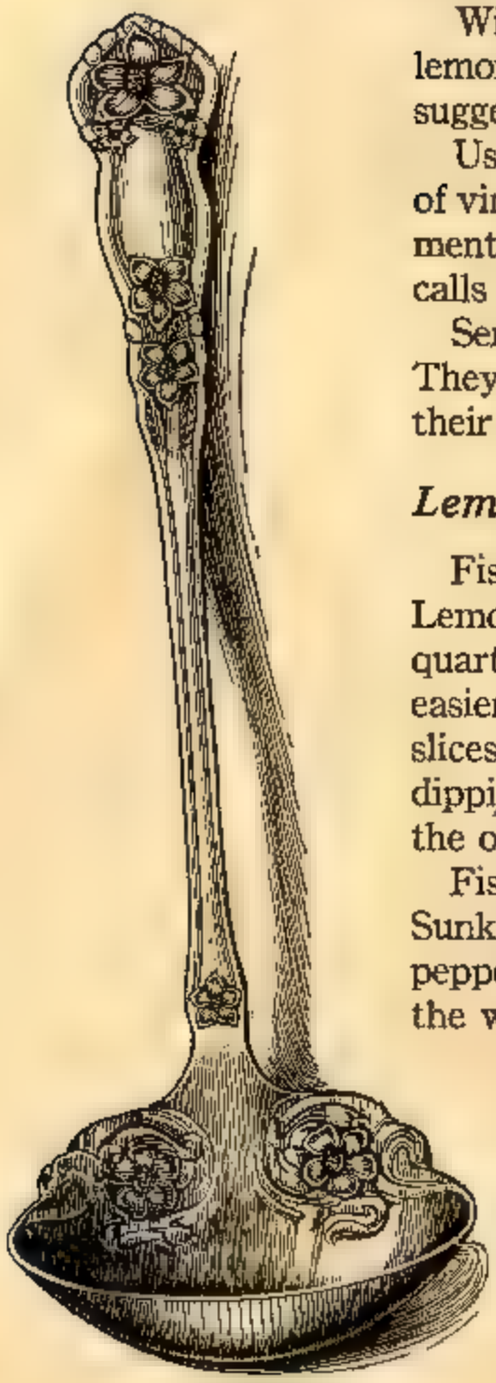
Use Sunkist Lemon juice for salad dressings in place of vinegar and you will find that there is a vast improvement in flavor. This is true in almost any recipe that calls for vinegar.

Serve them lavishly with fish, oysters and meats. They are a splendid relish and improve the flavor, while their bright lemon color is a most attractive garnish.

Lemon Hints

Fish of all kinds requires the acid of the Sunkist Lemon to offset the richness and develop flavor. Lemon quarters, cut either lengthwise or across the halves, are easier to handle and more effective in use than lemon slices, and may be made more attractive on occasion by dipping one cut side into minced parsley and powdering the other thickly with paprika.

Fish to be steamed should have a slice or two of Sunkist Lemon placed inside of it, with the salt and pepper. If it is to be boiled the lemon may be used in the water itself. When serving a fish whole, place sections of lemon on the platter with cress, parsley, or celery tips and also put one section in the mouth of the fish.



One-third actual size

Large Soup Ladle. (No. 40.) For each ladle desired send 144 Sunkist or Red Ball trademarks and $1.40. (In Canada $1.50.)

Sunkist Desserts and Salads

Cut lemon of the Sunkist variety will whiten the breast of a fowl, if well rubbed over it before cooking.

There are just two things that will soften the fibres of tough meat, namely, acid and long, slow cooking. In former years vinegar was commonly used, but now the more wholesome juice of Sunkist Lemons does the work. One or two tablespoons to a quart of water will increase both tenderness and flavor in boiling and stewing meats.

Pieces of lemon rind boiled in discolored aluminum utensils will quickly remove the stains.

The Health Value of Sunkist Lemon Juice

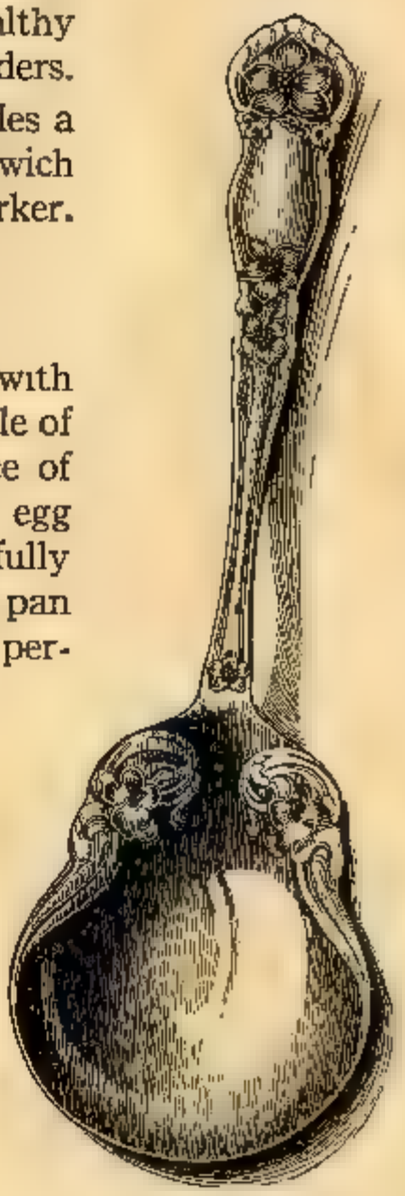
The value of lemon juice is well appreciated by the physician. It may be taken clear, in cold water or hot, plain or sweetened, and all to advantage. It clears the throat, sweetens the breath, keeps the gums in a healthy condition and is excellent for numerous internal disorders.

An egg lemonade made with a Sunkist Lemon provides a pleasant "pick-me-up" on a warm day, and with a sandwich or wafers would be sufficient luncheon for the brain worker.

Sunkist Lemon Pie

Mix one and one-fourth cups of sugar thoroughly with one-third of a cup of flour and a little salt. Grate a little of the rind from a Sunkist Lemon and mix with the juice of the whole lemon, and add to the sugar. Beat three egg yolks well, stir in a scant cup of water and blend carefully with the sugar and lemon mixture. Pour all into a pan lined with flaky pie-crust (preferably a pan that is perforated or made of wire) add a tablespoon of butter cut into bits, and bake in a moderately hot oven.

Make a meringue of three egg whites and half a cup of powdered sugar, with a teaspoon of lemon juice. Heap onto the pie (after baking) in large spoonfuls and brown slowly. Serve when thoroughly cooled.



One-half actual size

Berry Spoon. (No. 20.) For each spoon desired send 48 Sunkist or Red Ball trademarks and 50 cents.

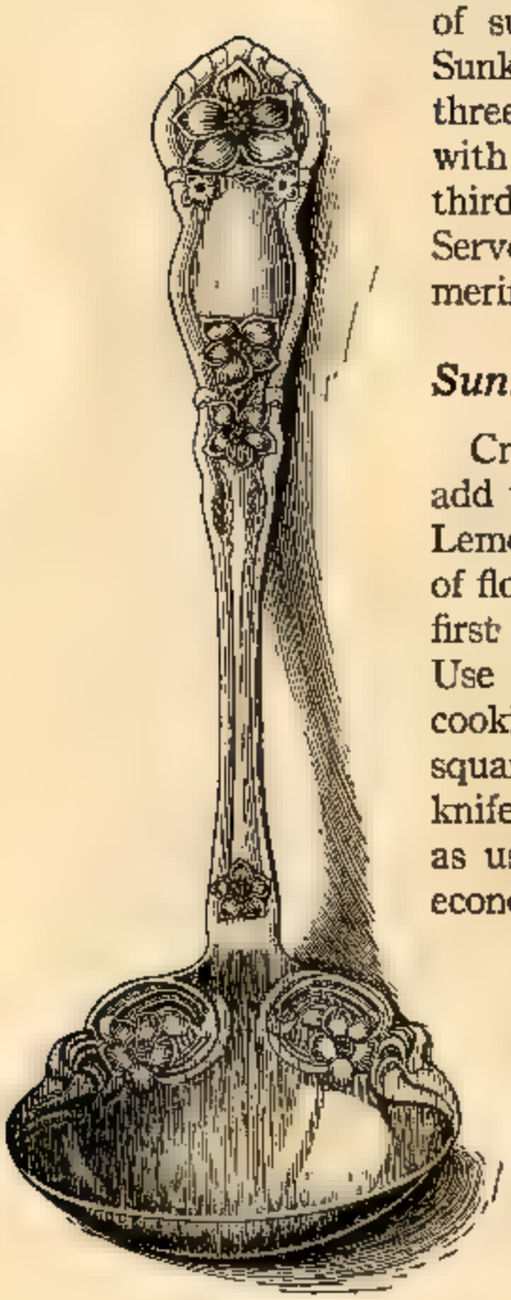
Sunkist Desserts and Salads

Sunkist Lemon Meringue Tart

Make a rich pastry of one cup of flour, one-third cup of shortening, a little salt, a teaspoon of the juice of a Sunkist Lemon and ice water to moisten. Chill thoroughly, roll out lightly, spread with butter, fold over and roll again. Place over an inverted pie pan, prick well to avoid blistering and bake in a hot oven. Cool slightly before adding the filling.

Sunkist Lemon Filling

Moisten four level tablespoons of cornstarch with one-third cup of cold water and use this to thicken one cup of boiling water. Cook for three minutes, add one cup of sugar, the grated rind of one and juice of two Sunkist Lemons and when boiling mix thoroughly with three beaten egg yolks. Pour into pastry shell, cover with a thick meringue of the three egg whites and one-third cup of fine sugar and brown in a slow oven. Serve very cold, but do not place in a draft to cool or meringue will shrink.



One-half actual size

Gravy Ladle. (No. 19.) For each ladle desired send 48 Sunkist or Red Ball trademarks and 50 cents.

Sunkist Cookies

Cream one-half cup of butter with one cup of sugar, add the juice and grated rind of one-half a Sunkist Lemon and a tablespoon of milk. Sift two scant cups of flour with one-half teaspoon of soda and add to the first mixture alternately, with two well beaten eggs. Use enough more flour to handle dough lightly, but cookies are best if made quite soft. Roll out into a square or oblong sheet, cut into strips with a sharp knife and bake in a moderate oven, or use round cutter as usual, but the other method is quicker and more economical.

Sunkist Sherbet

To one quart of rich milk and two cups of sugar, add the juice of three Sunkist Lemons and one

Sunkist Orange. Place in freezer and turn steadily until mixture is stiff, then cover closely and let it ripen for about two hours. A slice of orange preserve may be served with each portion, or a few maraschino cherries with their syrup.

Camino Fruit Cup

Make a rich lemonade with five Sunkist Lemons, one cup of sugar, and three cups of water, adding the juice of two Sunkist Oranges and half a cup of pineapple juice. Chill thoroughly and pour into high, narrow tumblers which have been frosted by dipping the edges quickly into lemon juice and then in coarse sugar. Place a small slice of canned pineapple on top and a sprig of mint and two straws in the center where hollowed out. Add a large cherry or strawberry and serve.

Neapolitan Punch

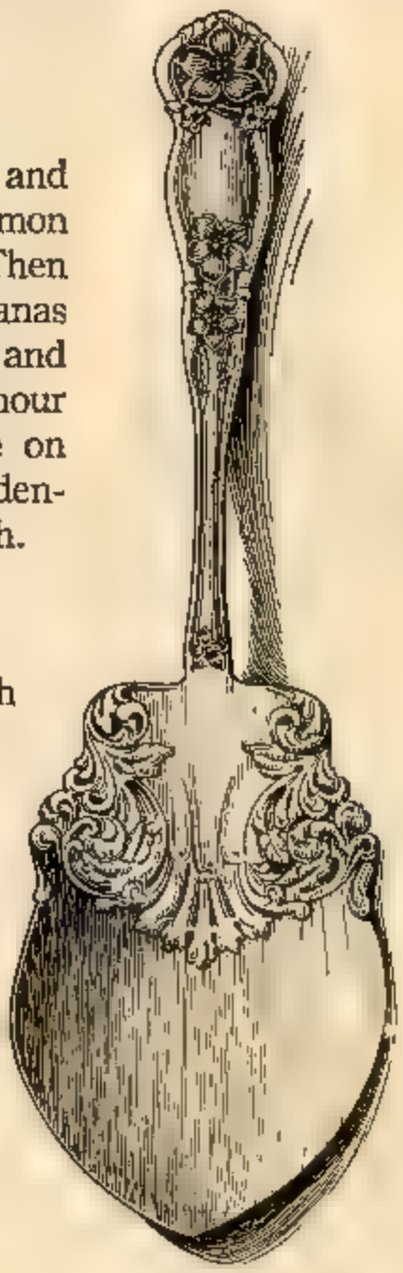
Make a syrup of one pint each of water and sugar and the rind of three Sunkist Lemons. Strain, add the lemon juice and three cups of the juice of Sunkist Oranges. Then cool, freeze until almost stiff, then add three ripe bananas cut small, two tablespoons each of candied cherries and pineapple and finish freezing. Leave for at least an hour before opening, then scoop out into rounds and serve on orange shells or in champagne glasses, with a spray of maidenhair fern, and place on small plates with a doily on each.

Lemon Cream Sauce

Cream one-half cup of butter with one and one-fourth cups of sugar, add the grated rind of a Sunkist Lemon and one-fourth cup of the juice. Beat thoroughly, heat over hot water and add a little nutmeg when ready to serve.

Lemon Syrup

Boil one cup of sugar with one-third cup of water and a few strips of lemon rind, for five minutes, add



Pie Server. (No. 22.) For each server desired send 48 Sunkist or Red Ball trademarks and 50 cents.

One-half actual size

two teaspoons each of the juice of a Sunkist Lemon, and butter, stir thoroughly and strain into heated syrup jug. Serve with fritters.

Economy Pudding Sauce

Cook three-fourths cup of sugar in one and one-half cups boiling water for five minutes. Thicken with two level tablespoons of cornstarch moistened with one-fourth cup of cold water and boil five minutes longer; add the grated yellow rind and juice of a Sunkist Lemon, a little salt and two teaspoons of butter. Strain and serve hot with plain puddings, or dumplings.

Lemon Loaf Cake

Cream one-half cup of butter and one and one-fourth cups of sugar, add the juice and grated rind of one Sunkist Lemon, also three well beaten egg yolks. Sift two cups of flour twice with a little salt and half a level teaspoon of soda and mix in alternately with half a cup of milk; add the stiff whites of eggs and bake in rather slow oven. Citron, raisins, figs, or candied fruits, may be used nicely in this loaf and the cake itself keeps moist longer than those made with baking powder.

Sunkist Lemonade

Measure the water by glassfuls according to the number of people you are serving, and allow a large Sunkist Lemon and a heaping sugar shell of sugar for every glass. Squeeze out the lemons on a glass or porcelain squeezer and slice one or two extra ones to garnish the glasses.

The addition of a slice of orange and perhaps a maraschino cherry

Two-thirds actual size

Orange Cup. (No. 27.) For each cup desired send 96 Sunkist or Red Ball trademarks and 90 cents. (In Canada $1.00.)

adds both to flavor and appearance. With Sunkist Lemonade as a foundation innumerable "fruitades" can be prepared, varying with the season.

Sunkist Egg Lemonade

Make the lemonade as above, perhaps allowing a trifle less sugar. Beat up a fresh egg to frothy lightness and pour it into the serving glass, adding the lemonade and stirring until both are thoroughly mixed.

Special Quadruple Plate Tea Set

Just a word about the quality of the hollow-ware pieces, namely: the bread tray, sandwich tray, serving tray, cream pitcher, sugar bowl and coffee or tea pot. These pieces are extra heavy quadruple plate of pure silver. The cream pitcher and sugar bowl are gold lined. They are the kind that will last a lifetime, and that any family will be proud of.

Silver Cream Pitcher. (No. 41.) For each pitcher desired send 200 Sunkist or Red Ball trademarks and $2.00. (In Canada $2.60.)

Silver Sugar Bowl. (No. 42.) For each sugar bowl desired send 200 Sunkist or Red Ball trademarks and $2.00. (In Canada $2.60.)

Silver Coffee or Tea Pot. (No. 43.) For each pot desired send 400 Sunkist or Red Ball trademarks and $4.00. (In Canada $5.00.)

Silver Serving Tray. (No. 44.) For each tray desired send 225 Sunkist or Red Ball trademarks and $2.25. (In Canada $2.80.)

One-third actual size

Sunkist Desserts and Salads

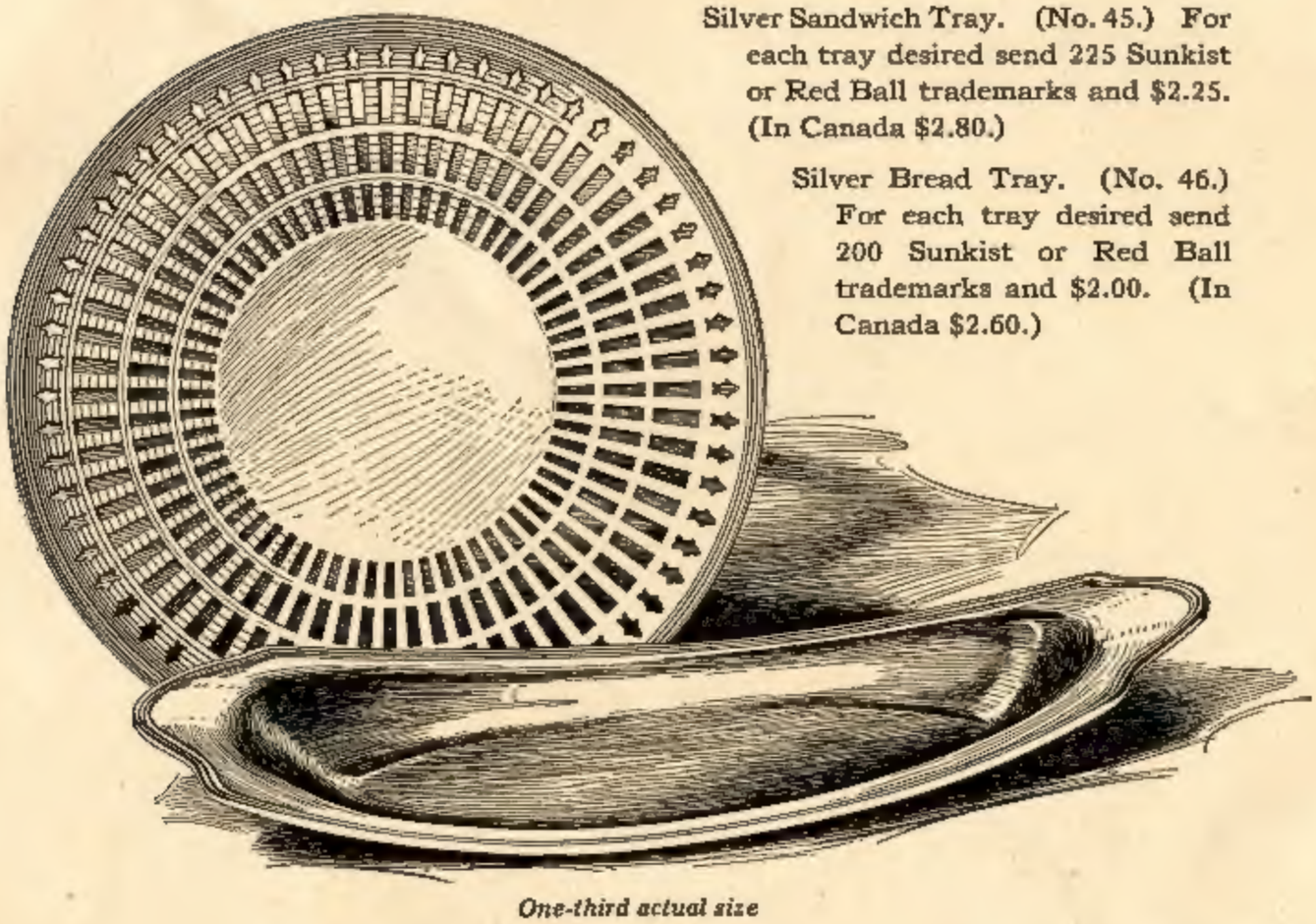
The Health Value of Citrus Fruits Especially when they are Sunkist

If every person would eat *one* orange a day he would find the resulting benefit surprising. Increase this number to two or three and the benefits will be correspondingly multiplied, for this rich, sweet juice is one of Nature's most potent tonics and alteratives. We feel safe in saying that the more oranges you will eat the less you will go to the doctor.

Those who eat only an occasional orange and expect it to work a miracle will naturally be disappointed. Buy a *box* of Sunkist and revel in oranges for a week or so, and you will testify enthusiastically to their health value.

If there are children in the family it is almost a crime to limit their consumption of the fruit that of all others is the best for them. No child can eat too many oranges. Remember that physicians put orange juice on the diet list of little babies.

Have a *Sunkist Orange month* in your home and see how the family enjoys them. And see if at the end of this time there is not a very appreciable gain in the general family health.



Silver Sandwich Tray. (No. 45.) For each tray desired send 225 Sunkist or Red Ball trademarks and $2.25. (In Canada $2.80.)

Silver Bread Tray. (No. 46.) For each tray desired send 200 Sunkist or Red Ball trademarks and $2.00. (In Canada $2.60.)

One-third actual size

Rogers & Company, Chicago and New York